

GUIDELINES FOR VOLUNTEERS

Please call us before selecting a recipe to make for Our Daily Bread Employment Center so we can tell you which casseroles we need. Use the Volunteer line at 667-600-3438 or volunteerodbec@cc-md.org. Thank you.

General guidelines if you're preparing these casseroles for Catholic Charities. Please:

- Do not make any changes to the recipes. The casseroles from many sources are all mixed together at service time and it's important that they be uniform.
- Freeze the casserole until it's hard before delivering it to the drop-off point. We stack the casseroles. If they are not all frozen completely, they ooze out of the pans, can't be used and ruin others.
- Use safe food handling techniques when you prepare the casserole. Wash your hands with soap and water for 30 seconds before beginning and while cooking if you touch your face or hair or leave the kitchen before completing the casserole.

In a hurry? Large, family-sized trays of frozen macaroni and cheese are always a welcomed food donation.



Chili

Serves 8 - 10

Ingredients needed:

- 2½ lbs. ground beef
- 1 small onion, chopped
- 1 tsp. sugar
- 1 lb. red kidney beans, drained
- 32 oz. ketchup
- 4 tsp. chili powder

Brown meat and onion. Drain fat. Add sugar, kidney beans, ketchup and chili powder. Stir together until well mixed. Pour mixture into pan. DO NOT BAKE.

Cover with aluminum foil. Label with casserole name and date. Freeze.



Macaroni and Cheese

(vegetarian)

Serves 8 - 10

Ingredients:

- 2 cups elbow macaroni, uncooked
- ½ cup margarine
- 1 medium onion, chopped
- 1 tsp. salt
- 1 tsp. pepper
- ½ cup flour
- 2 cups milk
- 10 oz. shredded Cheddar cheese
- 1 cup bread crumbs

Cook macaroni according to directions on box. Drain and set aside. Sauté onions in margarine, and add salt and pepper. Slowly stir in flour. Cook over low heat until mixture is smooth and bubbly. Stir in milk. Add in cheese and continue stirring until melted. Remove from heat. Stir in cooked macaroni and pour into casserole pan. Top with bread crumbs. Bake at 375 degrees for 30 minutes. Cool completely, cover with aluminum foil. Label with casserole name and date. Freeze.